How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that’s OK so long as you know how to put yourself back on a leash. The different types of coping skills will be explored, along with their triggers. Management strategies, techniques and tools will be presented and discussed.

Keyword: Learning

Oct. 21  
LIVE Online, Zoom  
T  
Toma  
6-8 p.m.  
AREA-6680-TCFWB

$19

You Have a Life Story to Share

Get a jump start on writing your life story with guidance from the instructor, along with multiple handouts. Instructor will lead you in a fun, supportive process.

Bring pen and paper and start writing your story for your family and friends.

Keyword: Story

Oct. 19  
LIVE Online, Zoom  
T  
Callahan  
6-9 p.m.  
AREA-9030-TCPNA

$39

Publish Your Writing

If you want to make a living as a writer, you need to treat it as a business. This includes your public persona, use of a pen name, etiquette, social media, managing time, discipline of writing, covers and editing, and genre/niche analysis. Discussion of querying agents and publishers will be included.

Keyword: Writing

Nov. 13  
LIVE Online, Zoom  
S  
Callahan  
10 a.m.–Noon  
AREA-0146-TTCPA

$29

Dec. 9  
LIVE Online, Zoom  
Th  
Callahan  
10 a.m.–Noon  
AREA-0146-TTCPA

$29

NEW! Put the Tech in Traveling

Interested in planning your own road trip, cross country or just using technology on-the-go while vacationing? We will look at technologies that help you learn the places to go and places to avoid.

Required: iPad or iPhone, preferably purchased within the last two years and the operating system updated to the most recent release.

Keyword: Traveling

Oct. 25  
LIVE Online, Zoom  
M  
Jensen  
6-8 p.m.  
LLUX-1383-TCFCA

$29

Welcome to Medicare

Medicare can be a complicated topic. Worse yet, there is a lot of misinformation that can lead to decisions that may result in penalty and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider when you are approaching Medicare eligibility. You will be provided comprehensive information about Medicare and address these questions:

- What does Medicare cost and cover?
- When should I enroll in Medicare, and what rules do I need to know?
- What is the difference between Medicare with a supplement versus Medicare Advantage?

Nebraska SHIP will cover the cost of this course. To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship. For questions, please call 402-671-2841.

In-person presentations are available on:

Webinar presentation is available on:

Oct. 6  
W  
Wahoo, WHLC, 101

5:30-7:30 p.m.

$39

Nov. 13  
S  
Callahan  
10 a.m.–Noon  
AREA-0146-TTCPA

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Dec. 9  
Th  
Callahan  
10 a.m.–Noon  
AREA-0146-TTCPA

$29

Navigating Medicare.gov

Medicare drug coverage is confusing. Each year Medicare drug plans can make changes to the cost and coverage you can receive. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will arm you with the knowledge to navigate Medicare’s plan finder tool to make an informed decision. You will be provided a step-by-step guide to using Medicare.gov to address these questions:

- How much will my prescriptions cost?
- Which Medicare drug plan will cover my prescriptions?
- Where can I get the best prices for my prescriptions?

Navigating Medicare.gov is provided by Nebraska SHIP, a member of the national SHIP network and a division of the Nebraska Department of Insurance. To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship. For questions, please call 402-671-2841.

In-person presentations are available on:

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AREA-0146-TTCPA

$29

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/scceonlinecourses.

Location Key

Wahoo, WHLC .......................... Learning Center at Wahoo, 536 N. Broadway St.

Check out all classes offered at www.southeast.edu/WahooLC

Find us on Facebook at www.facebook.com/SCCLearningCenteratWahoo

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. ADA Reasonable Accommodations: SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.
### Register Online

You must have an email account to register online.

2. Search for your class by entering a **keyword** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
   - Key Word Example: Driver
   - Course Number Example: TRAN-3398
3. Select the course for which you wish to register. Click **Submit**.
4. Enter your **personal information**, **certify your identification** and click **Submit**.
   - *You must provide your Social Security Number.
5. Optional: Enter your **Additional Registration Information** and click **Submit**.

*The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.*

### OR Register by Mail, Fax or In Person

**Registration Form - Non-Credit Course**

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 or FAX to 402-437-2703.

<table>
<thead>
<tr>
<th>Social Security Number or SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Mailing Address</td>
<td>City</td>
<td>Cell Phone</td>
<td>Home</td>
<td>Business Phone</td>
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</table>

**Payment Information**

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Start Date</th>
<th>Cost</th>
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**Signature**

- **Check**
- **Cash**
- **MasterCard**
- **AMEX**
- **Discover**
- **VISA**
- **Credit Card Exp. Date**
- **Billing Agency**

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify SCC before using another SCC fax number.

**Today's Date**

| TOTAL DUE |
|-----------|----------|
| $200      |          |

**For Office Use Only**

- **ID**
- **DE**

*Submission of this form indicates that I understand: (1) that my registration is complete and that I am responsible for the tuition and fees subject to a grade in the course; (2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form and any refund will be subject to the college's refund policy; (3) that I acknowledge the information provided herein is correct as stated and if any changes are made to legal name, address, residency, etc. I must follow the procedures set forth in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admissions, employment, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Requests concerning the application of SCC's policies in equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or email [access@se.edu](mailto:access@se.edu).*